

## Positive Alternatives 2017 - 2018 Quarterly Update

**Grantee (Name and city):** Pregnancy Choices LifeCare Center, Apple Valley #838739

**Contact:** Becky Hanel

**Phone and Email:** 952-997-2229 [becky@mypregnancychoices.com](mailto:becky@mypregnancychoices.com)

**Goal:** To provide positive alternatives to abortion for pregnant and parenting women in Minnesota

**For the period/quarter:** Quarter 4 April 1, 2017-June 30, 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Provide guidance to grant staff Attend required grant meetings Hire new grant staff Manage grant budget/provide reports		All activities are continually in process.	
<b>Outreach</b>	Promotion of Positive Alternative Programming		We do this through presentation to outside groups, tours we host at the center, online marketing, brochures as well as in house advertising in our positive pregnancy folders.	

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<b>Car Seat Program</b>	Car Seat Safety Video is shown to all Baby and Me! participants. Clients choose between 8 week one on one life coaching and video instruction or a 2-hour fast track class.	25	We had 22 clients graduate from our Baby and Me or Fast Track class. (6 of these were Fast Track clients)	22
<b>Case Management Services</b>	Baby and Me! (BAM) 8 week participants as well as BAM2 participants are included in this section as well as participation in our Mom's Group. Calls, emails, fax, or text is also included in this number.	900	We only started tracking the emails, phone calls, etc. in June. I expect this number to increase as the entire staff is now keeping track on tally sheets.	432
<b>Education Assistance</b>	Provide community resources for education/child care/ESL/GED	20	Included in our positive pregnancy folder as part of our referral package.	44
<b>Employment Assistance</b>	Provide community resources for employment Provide IPAD and printer for employment applications or research	2	This is not a service that our clients tend to use. They prefer to do their own job searches although we offer for them to use our IPAD's/printers. We have some job postings that we place on our bulletin board.	2
<b>Financial Assistance</b>	Provide help in applying for financial assistance through various local agencies.	40	We submit numerous requests for rental assistance through Cradle of Hope and have helped clients navigate through the local county systems which includes MA.	44

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<b>Housing Assistance</b>	During intake, if housing assistance is determined to be needed, referrals are made to the appropriate resource. We have information on transitional housing as well as sober housing.	2		5
<b>Nutrition</b>	Women receive nutrition handouts, prenatal vitamins as well as video education on nutrition and exercise during pregnancy.	40	Positive Pregnancy folders are offered to all clients who test positive.	44
<b>Parenting Education</b>	Provide Assessment for family needs and parenting education on the following topics: Confidence at the Core (8 week coaching program) Just for Me! (12 week coaching wellbeing program) Infant Care Postpartum Depression Crib Safety Car Seat Safety Shaken Baby Syndrome Scream Free Parenting series Provide list of community resources for food, clothing, preschool, ECFE	150	This represents the total number of client visits for our Baby and Me! class as well as our monthly postpartum group. Our numbers are very high due to a sharp increase in clients served (as well as sharp increase in referrals!) as well as the addition of a male life coach for our brand new Fatherhood Program. We have 5 part time life coaches who are able to see a high number of clients weekly.	287

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<b>Pregnancy Education</b>	Women receive coaching services as well as video education on gestation, reducing/eliminating smoking/drinking/drugs, exercise, bonding, post-partum depression, nursing, labor and delivery, infant massage and child development	90	This includes all Baby and Me Appointments (same client may make multiple visits)	221
<b>Pregnancy Testing</b>	Assessment of program eligibility after providing pregnancy testing and coaching.	45		58
<b>Provide Necessary Services to all clients</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	65	This is the total of all new clients served per quarter (we do not include STI or Ultrasounds in this number as these are not grant supported)	74

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<b>Provide Necessary Services Assessments Only</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	10	This includes our negative pregnancy tests for the quarter.	14

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	10
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	12
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	22
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	22
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	11
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	11

\* 2 clients received double strollers, an additional client got an extra carseat as she had twins.

**Challenges: Space continues to be a challenge for us.**

**Comments: We are very excited that our Board has approved us going ahead and hiring a Community Outreach Manager for 20 hours a week. Our visits continue to increase but with this new position, our name is going to be much more prominent in the local community. We have created new partnerships with Dakota County specifically in their community resource group and are now invited to quarterly meetings. We have created a new partnership with ICU mobile which will allow us to offer ultrasound a second day every week.**